

November 18, 2020

Elk Island Catholic Schools Recognizes National Bullying Awareness Week

Sherwood Park, A.B. — The Elk Island Catholic School division recognizes the promotion of healthy relationships and the reduction of bullying during National Bullying Awareness Week (NBAW). Staff and students throughout Elk Island Catholic Schools (EICS) actively engage throughout the year on a variety of activities that promote healthy relationships and will also be participating during this year's (NBAW), which takes place November 16-20.

Launched in 2002, NBAW is an annual event celebrated around the world to boost awareness among students, staff, parents, and community members about bullying and ways to reduce and prevent incidents of it in their schools. Within EICS, students and staff will spend the week discussing ways to foster healthy relationships, discourage intolerances, and encourage the inclusion of everyone.

"Promoting caring, safe, and respectful learning spaces for our students is a key priority for EICS," says Ted Paszek, the Board Chair at EICS. "It's an ongoing commitment the division has made over the years to ensure everyone feels welcomed, respected, and safe. When people feel respected and included, they are more likely to reach their full potential, give back to their communities, and help promote healthy relationships with others. National Bullying Awareness Week helps bring attention to the importance of positive and healthy relationships in our schools and communities."

The Alberta Government has compiled a list of resources for individuals and communities to reference during National Bullying Awareness Week that may be helpful during these challenging times. These are all compiled in the Backgrounder. As well, November is Family Violence Prevention Month and there are resources for this initiative as well in the attached Backgrounder.

To arrange an interview on the this release, please do not hesitate to reach out to Susan Johnson, EICS Communications at susan.johnson@eics.ab.ca or via phone at 780 449-7487.

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Backgrounder

National Bully Awareness Week Resources

Bullying is a relationship problem that involves a power imbalance, which is why it can be so challenging to overcome it by ourselves. Regardless of where bullying happens – in school, the office, at home or in the community – there are people and resources that can help. This year's theme, *#WhereToTurn*, encourages everyone to learn where to turn when dealing with bullying.

Here are a few ways you can take part in Bullying Awareness Week:

- share bullying prevention resources on social media – the resources can be found [here](#):
 - the Bullying Helpline ([1-888-456-2323](tel:1-888-456-2323)) is available 24/7 in over 170 languages
- start a discussion with your friends, family or coworkers about how to intervene
- write a letter or email to the editor of your local newspaper or radio station about the importance of promoting healthy relationships

Bullying Helpline: [1-888-456-2323](tel:1-888-456-2323) to get help anonymously in more than 170 languages or [find other supports](#).

Bullying Helpline Chat: to get help anonymously from 8 am to 8 pm, 7 days a week.

Family Violence Prevention Month

Alberta has the third highest rate of self-reported spousal violence among Canadian provinces, yet family violence is preventable. November is Family Violence Prevention Month in Alberta. It is a time to increase awareness of the resources and supports available so we can work together to end family violence and build healthier relationships in our communities.

This November, join us in recognizing Family Violence Prevention Month and learn what resources are available in your community to support those affected by family violence. Here are a few examples:

- the Family Violence Info Line ([310-1818](tel:310-1818)) is available toll-free to Albertans 24/7 in over 170 languages
- the [Family Violence Info Line chat](#) is available 8 am to 8pm daily in English
- [emergency shelters](#) throughout the province provide safe locations to stay for people fleeing violent or abusive situations.
- other supports are available on our [Find supports](#) page

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